

Small boxing handbook 5 by JJefArt  
Written by JJefArt J2014 Jeffrey Koelewijn Jeffrey de vries

Two ways to give a hook

The normal hook with the palm of the hand facing the body

A hook with the palm facing the ground and the knuckles face the ceiling or the sky

Mostly given in a somewhat downward angle to the ground

Really pummeling the opponent down

The uppercut can be given with the side of the hand at thumb side facing the body

Giving an uppercut like this can make it easier to break through slide through or go through a guard as less space is needed to go through

South paw boxer

A boxer that has his right leg in front

Normally right handed people put their left leg in the front (also called orthodox)

And normally left handed people put their right leg in front

Tips for fighting a southpaw boxer

understand their stance and attack angles

If you don't want the southpaw to hit you, don't let him get his front foot outside yours

Learn to move around a south paw boxer

Expect the left cross

wallshing

Goes really well with tank style

With peek a boo style or turtle style(also peeking through the hands instead of over the hands)

This is a technique to completely obliterate offence and offensive power

Just walls through the punches and keep pushing forward

You can also corner the opponent

You need a really good guard for this as you just walk in and walk through and move to the punches

You can keep the body open if you have the ability to take punches to the gut

This technique might cost points but if you score a down or knockout this all makes up for it

This is a defensive aggressive style

Defend like an armadillo

Punch like a mantis shrimp

Some heavy weights are called brawlers because they give more than 8 punches in one combination regularly

Infighting boxing bag training

Stay close to the bag move around a lot and evade and punch

Outfighting boxing bag training

Keep enough distance go in and out make one combination or a single and go out again and so on

Boxing bag exercises and workouts

25 punches in combinations

4 power punches

1 left 1 right 1 left 1 right

3 to 5 push up jumps

or 3 to 5 squat jumps

All x2 or x3

25 punches in combinations

4 speed punches

1 left 1 right 1 left 1 right

3 to 5 push up jumps

or 3 to 5 squat jumps

All x2 or x3

You can choose yourself how many combinations you do

2 to 3 normal punches 1 power punch

2 to 3 normal punches 1 speed punch

2 to 3 speed punches 1 power punch

10 power punches

1 left 1 right 1 left and so on

10 speed punches

1 left 1 right 1 left and so on

100 punches as fast as possible

50 combination punches

5 push up jumps

50 combination punches

5 squat jumps

50 punches after each other

100 direct punches without rest

100 hook punches without rest

10 to 20 power punches, direct punches

10 to 20 speed punches, direct punches

10 to 20 power punches, hook punches

10 to 20 speed punches, hook punches

3 to 6 power punches in combination

x ?

3 to 6 speed punches in combination  
x ?

100 stamina punches without rest  
50 combination punches  
x3

A sparring exercise  
One only on defence one only on offence  
This will really boost defence and offence

Tip:  
Taking hits to the guard can be hard  
So take punches to the guard and punch on each others guard

Speedball with the eyes closed

Double end ball with the eyes closed

Jump rope extra:  
two ways to normal jump rope  
With two feet at the same time  
Skipping; one foot after the other is placed on the ground

Jump rope on one leg  
Jump rope on one leg with doubles or triples  
a double is when the jump rope passes the ground twice instead of once before  
you land again

Kinds of boxing gyms and boxing schools:  
Old school  
Average boxing gym (ano 2014)  
Might have some weightlifting equipment  
luxury gym  
Multiple facilities

Music:  
With music  
Without music

Distance:  
A boxing gym that's close by  
A boxing gym that is just not too far away  
A boxing gym that's far away

Types of training:  
Self training and a coach who gives tips here and there

Personal trainer or coach  
Group training  
A combination of group training and self training

Cost:  
Low cost  
Medium cost  
High cost

Payment per visit  
2 to 3 dollar each visit for example  
Monthly payment  
3 months payment  
Half a year payment  
yearly payment

Adult and around middle teens boxing gym  
From the age of 14-15 years old

Adult boxing gyms  
From the age of 18

Youth boxing gyms  
Normally people can only train there up till the age of 16, 18, 21, 23 or 26  
Most of the times there are parents around who sit on the bench  
And most youth boxing gyms don't have the possibility to do competitions

Adult and youth boxing gym  
Adults and youths train at different times

Spectators:  
With benches for spectators  
Some gyms are arranged so that there are no spectators while training